



# Saint Anthony's Crew Team

## St. Anthony's Crew Swim Waiver Certificate of Competence - Swimming

The sport of rowing poses significant risks to the participant because most activities occur in, on, or around water. These risks include but are not limited to expected and unexpected immersion into cold water as a result of a boat flipping, collisions with other boats, being involuntarily removed from a boat as a result of an oar's momentum ("crabbing"); falling off docks, authorized and unauthorized swimming, or other occurrences.

Although all practices and regattas are supervised, from time to time a boat may be temporarily out of a coach's line of sight due to the irregular shoreline of the Connetquot River, race day procedures or other conditions. Therefore, a motor boat may take from a few moments to several minutes to reach a boat or rower in need of assistance. All athletes are instructed to stay with the racing shell until assistance arrives. A safety video demonstrating how to react in these situations is shown and explained by the instructors of our learn-to-row program prior to any participant rowing on the water

Intended or accidental immersion into cold water can occur at any time. Participants must be competent swimmers for their own safety.

As a parent, if you are unsure about your child's ability to swim, please arrange to have your son or daughter evaluated by a certified swimming instructor before signing this form. No one will be permitted to participate without this form.

### RELEASE:

You hereby:

1. CERTIFY that your child is a competent swimmer. This means that they can swim 250 yards in open water and can tread water for ten minutes.
2. COVENANT not to sue Saint Anthony's High School, Saint Anthony's Crew, their administrators, directors, agents, officers, volunteers and employees and other participants;
3. FULLY ACCEPT and ASSUME all responsibility and risks for losses, costs and damages that may incur.

Athlete's Name: \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_

Parent or Guardian's Signature \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_